

ASCA National Model Domains:

As Iowa Professional School Counselors, we strive to create comprehensive K-12 counseling programs that are grounded in data and focus on the three ASCA National Model domains:

- **Academics**
- **Career**
- **Social/Emotional**

*The goal of implementing a program designed with these domains/outcomes in mind is to ensure that all of our students have the support needed to achieve academic success, college and career readiness, and the skills needed to be socially and emotionally healthy. With the support of outstanding professionals in the field, ASCA has recently developed the **ASCA MINDSETS AND BEHAVIORS: 35 standards that identify and prioritize the specific attitudes, knowledge and skills that students should be able to demonstrate as a result of a school counseling program (ASCA Mindsets & Behaviors for Student Success, September 2014).** The goal of this training module is to support Iowa School Counselors as they strive to operationalize these standards in the best interests of their students.*

General Info That's Good to Know!

- ASCA has used the term “domains” as well as outcomes/standards to describe the three broad domains – academic, career, and social/emotional - that promote a culture of college and career readiness for all students;
- The current term “social/emotional” replaces the personal/social term used previously;
- The 35 Mindsets & Behaviors are based on best practice research and college and career readiness documents; they are organized based on the framework of factors presented in “Teaching Adolescents to Become Learners,” University of Chicago Consortium on Chicago School Research, 2012;
- Although the standards may seem daunting, they are extremely flexible and can be applied to any of the three domains;
- Rather than “adding more to the school counselor’s plate,” the Mindsets & Behaviors are intended to allow the school counselor to select a domain and standard upon which to focus based upon the needs of the school, classroom, small group, or student;
- ASCA has many tools to support school counselors in using the Mindsets & Behaviors! Some of these tools will be shared in this training module.

Mindsets & Behaviors and the Iowa Core

The 35 Mindsets & Behaviors are now the 35 standards – and each ties with the Common Core Standards as well as the Iowa Core. It's important for Iowa's Professional School Counselors to understand how the Mindsets & Behaviors align with the national and state standards – so here's a little info about that. More in-depth information can be found in the Iowa School Counseling Framework and on the DE website.

1. The Iowa Core Standards effectively place every student on a pathway to college and career readiness (CCR). Professional School Counselors need to understand how the Iowa Core will affect the three domains – academic, career, and social/emotional – in relation to the needs of their students. Iowa School Counselors must play an active role in ensuring that the standards become the foundation in their school communities.
1. The Iowa Core Standards are designed to develop college and career readiness standards in reading, writing, speaking, listening, and language as well as in mathematics. The standards specify the specific skills and understandings necessary required for CCR in multiple disciplines. It is important for Iowa School Counselors to understand the structure of the Iowa Core, with CCR standards anchoring the document and defining general, cross-disciplinary expectations while K-12 grade-specific standards define end-of-year expectations and cumulative progression. Information regarding the Iowa Core Essential Elements can be found on the Iowa DE website at: <https://iowacore.gov>

CLICK ON THE LINK AND CHECK OUT THE IOWA CORE INFORMATION NOW!

USING ASCA RESOURCES

ASCA recommends that the most practical way to use the standards in daily practice is to go to the ASCA website and use the link below; it's important to note that the intention is NOT to focus on all 35 standards at any given time! In fact, best practice means focusing on 2 or 3 by using your school/class/group/student-specific data:

www.schoolcounselor.org/studentcompetencies

Click the box that says “search for student competency,” put the competency you are working on into the box, then click “search.” 8 competencies will come up on the screen; click on view under one of the competencies and a screen that shows you the alignment with the Common Core will appear. ASCA is directly aligning with the English/LA Standards while broadly aligning with the Math Standards.

PRACTICE NOW!

Before we go any farther...

TAKE THIS MENTAL QUIZ (ANSWERS ON THE NEXT PAGE) TO ENSURE THAT YOU ARE READY TO LEARN MORE ABOUT USING THE ASCA MINDSETS AND BEHAVIORS:

SHORT ANSWER:

1. THE THREE DOMAINS OR OUTCOMES FOR THE ASCA NATIONAL MODEL ARE...
2. THE NEW TITLE OF THE STANDARDS IN THE MODEL IS...
3. THE NUMBER OF STANDARDS IS...
4. THE STANDARDS ARE ALIGNED WITH BOTH THE...AND THE....
5. THE STANDARDS ARE SPECIFICALLY ALIGNED WITH...AND MORE BROADLY ALIGNED WITH...

TRUE OR FALSE:

1. THE MINDSET & BEHAVIOR STANDARDS ARE INTENDED TO CREATE MORE PARAMETERS AND BOUNDARIES FOR COUNSELORS AS THEY ADDRESS COLLEGE AND CAREER READINESS.
2. THE MINDSET & BEHAVIOR STANDARDS ARE ORGANIZED BY DOMAINS.
3. THE BEST WAY TO USE THE STANDARDS IS TO TRY TO ENSURE ALL 35 ARE BEING ADDRESSED IN YOUR PROGRAM.
4. THE MOST PRACTICAL WAY TO USE THE STANDARDS IN DAILY PRACTICE IS TO USE THE WEBSITE/LINK PROVIDED BY ASCA.
5. IOWA PROFESSIONAL SCHOOL COUNSELORS CAN USE THE DE WEBSITE TO GET MORE INFORMATION ABOUT THE IOWA CORE ESSENTIAL ELEMENTS.

Quiz Answers:

Short Answer:

1. Academic, Career, Social-Emotional
2. Mindsets & Behaviors
3. 35
4. Common Core and Iowa Core
5. English/LA...Math

True/False:

1. False
2. True
3. False
4. True
5. True

Getting Down to the Basics 1:

So What Exactly Are the Mindset Standards?

- Includes standards related to the psycho-social attitudes or beliefs one has about oneself in relation to academic work.
- These make up the students' belief system as exhibited in behaviors.

Getting Down to the Basics 2:

So What Exactly Are the Behavior Standards?

These standards include behaviors commonly associated with being a successful student including:

- **Learning Strategies**
- **Self-Management Skills**
- **Social Skills**

Getting Down to the Basics 3:

So What Exactly Are Competencies?

Competencies are specific, measurable expectations that students attain as they make progress towards the standards. Competencies come from ASCA, the state, and school counselors themselves – they are FLEXIBLE!!!

Mindsets & Behaviors

For the rest of this training module, it's important to have the M&B document in front of you. Go to the ASCA link below and use the electronic copy or print one out as we continue to explore how to implement the use of the 35 Mindsets & Behaviors in your comprehensive school counseling program!

<http://www.schoolcounselor.org/asca/media/asca/home/MindsetsBehaviors.pdf>

GETTING STARTED:

How do professional school counselors get started?

Look at the DATA:

- *Academic*
- *Behavior*
- *Attendance*

Using the data, identify mindset and behavior standards that are needed in YOUR school, classroom, group, and/or for your individual students.

NEXT STEPS:

EXAMPLE:

Let's say you've identified through your research that you need to focus on behavior, specifically reducing office referrals. In looking at the office referral data, you note that many incidents seem connected to a lack of self-discipline and self-control (Behavior Standards, Self-Management Skill); you also know that students who act out often do not feel connected to the school environment/lack a sense of belonging (Mindset Standard #3). You've decided to run a small group for "frequent flyers" to help them achieve both that sense of belonging as well as to develop self-management and self-control skills. Using key words like self-control and sense of belonging, you can go to the ASCA database and take a look at the connected competencies, helping you decide which activities to implement as part of your small group in order to meet your outcome goals related to the standards and competencies – go ahead, try it now!

www.schoolcounselor.org/studentcompetencies

What Does It Look Like?

WHAT YOU'LL FIND:

- **Competency:** Recount or describe key ideas or details from a text read aloud or information presented orally or through other media about a conflict or disagreement.
- **Grade Level:** K-2
- **This competency aligns with:**
- **Mindset Standards:** 1.Belief in development of whole self...
- 2.Self-confidence in ability to succeed
- **Behavior Standards-Learning Strategies:** 1.Demonstrate critical thinking skills to make informed decisions
- 4.Apply self-motivation and self-direction to learning
- 5.Apply media and technology skills
- 9.Gather evidence and consider multiple perspectives to make informed decisions
- **Behavior Standards-Self-Management Skills:**
- **Behavior Standards-Social Skills:** 1.Use effective oral and written communication skills and listening skills
- 6.Use effective collaboration and cooperation skills
- 9.Demonstrate social maturity and behavior appropriate to the situation and environment
- **English & Language Arts Common Core Standards:** Speaking and Listening Standards
- **Subcategories for English Language Arts:** Standard 2
- **Math Common Core Standards:** Make sense of problems and persevere in solving them
- **Upload:**
- **Submitted by:** ASCA
- **Email:** acsa@schoolcounselor.org

I felt that using this competency as an outcome goal would help my small group of students to develop self-confidence in their abilities to succeed in school as well as to learn about problem-solving – both a part of what the data showed me that they needed! Next step – design a small group intervention/session (example: choral reading of conflict-related text in video format with students explaining key details in conflict resolution; presented to another group or classroom)

PRACTICE – LET’S TRY IT AGAIN!

This time, use data from your setting regarding academics, behavior, or attendance. Then relate the data to either a mindset or behavior standard (see list above); now go to the ASCA M&B database at the link below and select ONE focus competency around which you would design a classroom lesson, small group, or individual intervention/plan. Stay focused on what the data tells you, taking “one step at a time!”

www.schoolcounselor.org/studentcompetencies

Reminders:

- You are using the M&B database to search for grade level competencies that support the standards
- Search by key word, grade level, domain, or standard
- You can add new competencies that support a specific standard



ASCAMINDSETS & BEHAVIORS FOR STUDENT SUCCESS

The "ASCA Mindsets & Behaviors for Student Success: K-12 College- and Career-Readiness Standards for Every Student" describe the knowledge, skills and attitudes students need to achieve academic success, college and career readiness and social/emotional development. The standards are based on a survey of research and best practices in student achievement from a wide array of educational standards and efforts. [Download](#) the ASCA Mindsets & Behaviors for Student Success.

Mindsets & Behaviors Database

Use the ASCA Mindsets & Behaviors database to search for grade-level competencies that support the standards. Searches can be completed by keyword, grade level, domain or standard. Each competency is designed to meet student developmental needs and align with academic content. The database also allows school counselors to contribute new competencies that support and align with a specific standard.

[Search for a Student Competency](#)

[Submit a Student Competency](#)

And The Starting Point Is...

DATA

DATA

DATA

Whether you want to create interventions for an individual student or in a small group setting, or to build skills through classroom lessons, it is critical that every professional school counselor begins with the data that tells her/him what is needed – for his/her district, building, classrooms, individual students! (Yes, you've heard this before – just making sure you're paying attention!) 😊

Lesson Planning

Although the focus of this training module is on using the M&B to create interventions based on data, the M&B are also important in designing lesson plans for all students (“what students get by virtue of the fact that they breath!”) So be sure to use ASCA’s “School Counseling Core Curriculum Action Plan:” by registering your national model and going to the following website, you can access ALL the ASCA templates that will help you in program development and design!

<http://www.schoolcounselor.org/school-counselors-members/asca-national-model/asca-national-model-templates>

School Counseling Core Curriculum Action Plan

ASCA provides an action plan that supports lesson planning by ensuring that you design a lesson that addresses all of the following

- Grade Level
- Lesson Topic
- Class/Subject
- ASCA Domain/Standard/Competency
- Curriculum and Materials
- Project Start/End
- Process Data (Project Number of Students Affected)
- Perception Data (Type of surveys/assessments to be used)
- Outcome Data (Achievement, attendance, and/or behavior data to be collected)
- Contact Person

So What to Do? Just Get Started!

1. Go through this training module again.
2. Pick a starting point; focus on ONE way in which to practice using the Mindsets & Behaviors- using data, of course!
3. Use an existing competency to meet the standard upon which you are focusing or...
4. Create a new competency and submit it on the ASCA database.
5. Plan your intervention or activity.
6. Use ASCA resources (see above) to help you “cover all your bases.”
7. And, as a very popular company reminds us, JUST DO IT!
8. Last but not least-

CELEBRATE STUDENT SUCCESS!!!



As professional school counselors, we are first and foremost student advocates. Celebrating student success helps us to advocate for our kids, giving students the opportunity to gain self confidence, knowing that they are on the way to being:

COLLEGE, CAREER, AND CITIZEN READY!

Resources for Iowa School Counselors:

- Iowa DE www.educateiowa.gov - check out all the resources available for your school counseling program!
- janice.Kuhl@iowa.gov (Jan Kuhl is the DE's contact for Iowa's Professional School Counselors - and advocate for school counselors everywhere!)
- Check out Iowa's BOEE's School Counseling Matrix (program delivery) at <http://www.boee.iowa.gov/CounselorMatrix.html>.
- ASCA www.schoolcounselor.org - on the ASCA website you will find resources to support everything you do as a Professional School Counselor.
- ISCA www.iowaschoolcounseling.org - ISCA provides information and resources specific to our needs as counselors in Iowa.

And last but not least – don't forget the best source of support for Iowa's Professional School Counselors – each other!